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COLLEGIATE 10K TRAINING
Why am I here?
Guiding Principles

- People Business

“It’s not about the Xs and Os, it’s about the ‘Jimmys’ and ‘Joes.’” (Football Coach quote)
Guiding Principles

- People Business (cont’d)
  - Individualization - We don’t coach robots
  - Create an environment that is positive
    - “I never want to break their spirit.” (Vince Anderson)
  - Encourage “ownership”
    - Not about the coach’s goals
  - Program culture
Considerations

- Collegiate Setting – Texas A&M
  - Three competitive seasons
  - Regular & Consistent Racing
  - Championship season
    - Conference
    - NCAA 1st Round
    - NCAA National Championships
    - US Nationals / Olympic Trials?
Regular & Consistent Racing

- Natosha Rogers
  - From October 14, 2011 through June 22, 2012
  - 24 races in 18 meets
    - 6k XC - 4 races
    - 800 - 1
    - 1500 - 3
    - Mile - 2
    - 3k - 2
    - 5k - 7
    - 10k - 4
Training Philosophy

- **Aerobic Strength Based**
  - 5k/10k athletes train most of the year like 15k/HM specialists
  - View as training year
  - Train strength – race speed (800, 1500/Mile, DMR)
  - Include weekly “speed development.”
  - Get to the end of the season fresh
  - Keep it simple
Fall / XC Training Patterns

M  “Speed Development”
T  Workout – LT/10k
W  Easy Distance
Th MLR
F  Hills & Tempo
Sa  Easy / Recovery (as needed)
Su  Long Run
Winter Break Training Pattern

M  Speed Development
T  Easy distance
W  MLR
Th Easy distance
F  Hills, Tempo or Fartlek
Sa Recovery (as needed)
Su Long Run
Key Days – Winter Break

Monday

“Speed Development”
10-15 minutes easy
Hurdle Mobility + Drills
6-8 x 100m accelerations to ~400m pace (or faster)
Sometimes plus 4 x 200m @ 1500-800 or 2 x 400 @ 1500-800
Followed by an easy run of 30-60 minutes
Key Days – Winter Break

Wednesday

Mid-Week Long Run / Medium Long Run

60-90 minutes “AE” (solid run)

(sometimes last 20-30 minutes up-tempo)
Key Days – Winter Break

Friday

Hills
9-12 x 300m Hills

OR

Tempo “True Tempo’
6k-8k @ T pace + 4-8 x 200 cutdowns
8k-12k @ T pace + 10-20 secs per mile
+ 4-8 x 200m cutdowns
Key Days – Winter Break

Sunday

Long Run

8:00-2:00 AE

Always start easy and build into it
Indoor Goals / Priorities

- Build / maintain aerobic strength
- Stay healthy
- Ready for conference meet
- Qualify for nationals
Indoor Training Patterns

Typical pattern – will vary with race schedule
M  Speed Development
T  Workout
W  Easy Distance / Recovery
Th Medium Distance
F  Easy
Sa  Race
Su Long Run - Easy
Indoor Considerations

- We race regularly
  - 2012 Tosha Rogers
    - 1/14  Texas Ten  Mile  4:50.06 (1st)
    - 1/21  LSU Dual  Mile  4:45.84 (2nd)
    - 1/27  Mondo Chall  DMR  4:43.8 (1600)
    - 1/28  3000  9:12.83 (1st)
    - 2/3  NB Collegiate  5000  15:58.40 (1st)
    - 2/24  Big 12  5000  15:52.40 (2nd)
    - 2/25  3000  9:14.22 (2nd)
    - 3/9  NCAA Ind  5000  16:04.06 (7th)
Key Days (indoors)

Tuesday (typically on grass)

1) 4-6 X 2000 @ T pace w/ 2:00 jog rec
   + 500-300-200
2) 2400-2000-1600-1200-800-400
   (from T pace down to ~3k GP w/ 400 jog recovery)
3) 4-5 x 2400 @ T pace w/ 2:00 jog rec
Key Days (cont’d)

Race weeks (race on Saturday)

Thursday

Mid week Long Run

60-80 minutes AE

+ 6-8 x 80-100m hill sprints OR

4 x 200m cutdowns

*Lots of individualization
Key Days (cont’d)

Non-race weeks – identify what they need

Friday

1) Tempo Run
   8-10 miles (@ T+20-30 secs per mile)

2) 16-20 x 400 @5k to 3k pace w/ 100 jog rec
Key Days (cont’d)

Sundays

**Race weeks**
Easy Long Runs
  - slight cut back in volume
  - controlled pace

**Non-race weeks**
Regular Long Runs
  - sometimes w/ “medium tempo” segments

*Sometimes we move LR to Monday*
Early Outdoor

- Back to basics
  - 2012 – NCAA Indoor through Texas Relays (3 weeks) – Nothing on the track (except speed development)
    - Long progressions
    - Hills
    - Fartlek
  - During this stretch Rogers ran two 1500s
    - 3/24  USC Trojan Inv  4:18.75 (2\textsuperscript{nd})
    - 3/31  Texas Relays    4:17.06 (2\textsuperscript{nd})
Early Outdoor (Cont’d)

- 2012 – NCAA Indoor through Penn Relays (7 weeks) – only two workouts on the track
  - Key workouts
    - Hilly 12k progression run plus 6 x 200m hills
    - 6 x 6:00 @ “tempo effort” w/ 2:00 jog
    - “Up-tempo” Long Runs
Outdoor

Similar Pattern to Indoor (Less Racing)
M  Easy w/ speed development
T  Workout
W  Easy Recovery
Th  Medium Long
F  Easy
Sa  Race
Su  Long Run

*Lots of individualization and modifications
Outdoor Key Days

Tuesday (or Wednesday)

1) 16 x 400 @ 5k-3k w/ 100 jog
2) 8 x 1000 from 10k DP to 5k GP w/ 200 jog
3) 4 x 2k @ T w/ 2:00 jog rec (3:00 jog)
   1000m @ 5k GP
Road to NCAAs - Championship Season

- Big 12 Meet – May 11-13
  - Friday – 10k  1st – 34:18.66 (4:48 last 1600)
  - Sunday – 5k  1st – 15:57.17

- NCAA Preliminary Round – May 24-26
  - Thursday – 10k  2nd – 33:47.12
  - Saturday – 5k  2nd – 15:50.13

- NCAA Nationals – June 6-9
  - Thursday – 10k  1st – 32:41.63
  - Saturday – 5k  6th – 16:20.04

- US Olympic Trials – June 22
  - Friday – 10k  2nd – 31:59.21 (4:48 last 1600 / 15:43 5k)
“Championship Season”

Big 12 Week

M  40 – 50 min easy
    + full drills + 4-6 x 100m strides
T  1600 @ T (4:00 jog rec)
    2 x 800 @ 10k pace w/ 2:00 jog rec
    (4:00 jog rec)
    4 x 400 @ 5k-5k-3k-3k w/ 1:00 jog rec
W  30-40 minutes easy (after arrival at KSU)
Th 30 minutes easy + strides
F  Race – 10k (34:18.66 – 1st 4:48 last 1600m)
Sa Easy run to shake out legs (30-40 min)
Su Race – 5k (15:57.17 – 1st)
Championship Season (Cont’d)

Post-Big 12 Week
M  Off or X-Training
T  70-80 minutes easy (turned into 1:40 – got lost)
W  40-50 minutes easy
Th 4 x 400 @ 1500 rhythm w/ 200 jog
   (5-10 minute active break)
   6 x 1k @ T w/ 200 jog
   (5:00 active break)
   6 x 200 @ 1500 rhythm w/ 30 secs rec
F  40-50 minutes easy
Sa 60 minutes (40 easy – 20 @ tempo effort)
Su 40-50 minutes easy
NCAA 1st Round
M  1600 @ T (4:00 jog rec)
    2 x 800 @ 10k pace w/ 2:00 jog rec
    (4:00 jog rec)
    4 x 400 @ 5k-5k-3k-3k w/ 1:00 jog rec
T   40-50 min easy
W   30 min easy plus strides
Th  Race – 10k (33:47.12 – 2nd)
F   Easy shake out run 30-40 min
Sa  Race – 5k (15:50.13 – 2nd)
Su  30 min easy
Championship Season (cont’d)

Post NCAA 1st round week

M  Off
T  80 minutes easy
W  50 minutes easy
Th 2 x 2000 @ T w/ 400 jog
    2 x 1k @ T w/ 200 jog
     (5-10 minute active break)
    6 x 200m cutdowns
F  30-40 min easy
Sa 60 minutes AE
Su 30-40 minutes easy
Championship Season (cont’d)

NCAA week

M  2 x (4 x 400)
   1st set @ 10k pace w/ 100 jog
   2nd set @ 5k pace w/ 200 jog
   (5:00 between sets)

T  40-50 min easy

W  30 minutes easy + strides

Th Race – 10k (32:41.63 – 1st)

F  30 minutes easy

Sa Race – 5k (16:20.04 – 6th)

Su  30 minutes easy
Final Analysis

- Maintained aerobic strength throughout year
- Used races as part of training
- Stayed fresh
- Still excited about racing at the end of the season
- Ran fastest when it mattered
Questions???

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